Take Control

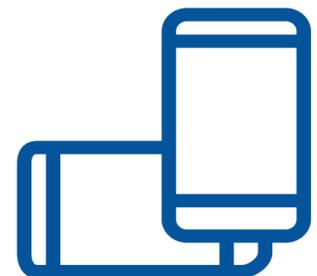## of your mental health during the COVID-19 outbreak

Know the facts

Access only quality information from reputable and unbiased sources such as the CDC or your state health department.

Limit media intake

- Stay informed but limit news intake
- Focus on what you can control
- If the news is causing distress, don't spend time looking up the latest updates

Stay connected

- Keep in touch with friends and family
- Avoid contact with individuals that increase worry & anxiety
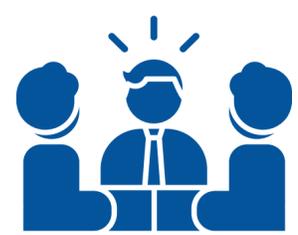- Avoid unnecessary content and panic on social media

Follow basic hygiene guidelines

- Wash hands often, for 20 seconds, with soap and hot water
- Cover your cough
- Stay home if you feel ill

Stick to your routine

- Stay active
- Eat a healthy diet
- Take part in pleasurable activities
- Avoid self-destructive coping mechanisms such as drugs or alcohol

Talk to your children

- Explain facts and explain false information
- Ask children what they have heard
- Reassure them

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